CLAIMS

1. A resistance exercise device comprising: (a) an elongate, nonbifurcated, substantially cylindrical bar having first and second ends and a center plane therebetween, said center plane intersecting said bar at a center of gravity thereof; (b) first and second handgrips slidably mounted on said bar and disposed equidistant from said center plane wherein said handgrips have a longitudinal axis and can be slidingly moved on said bar in a direction parallel to said longitudinal axis of said handgrips; and (c) coupling means connecting said first handgrip to said second handgrip, said coupling means being operable for maintaining said first and second handgrips equidistant from said center plane when said first and second handgrips are moved in a direction parallel to said longitudinal axis of said handgrips.

2. The resistance exercise device of claim 1 further comprising resistive force attachment means affixed thereto, said resistive force attachment means being operable for removably attaching a resistive force to said bar.

3. The resistance exercise device of claim 2 wherein said resistive force attachment means is affixed to said bar at said center plane of said bar.

4. The resistance exercise device of claim 2 wherein said resistive force attachment means is affixed to said bar at opposing ends thereof and disposed equidistant from said center plane.

5. The resistance exercise device of claim 1 wherein a resistive force attachment means is affixed to said first and second handgrips.

6. The resistance exercise device of claim 2 wherein said resistive force attachment means is operable for attachment to a cable.

7. The resistance exercise device of claim 2 wherein said resistive force comprises weights affixed to said bar.

8. The resistance exercise device of claim 1 wherein at least one of said handgrips includes adjustable braking means operable for resisting or preventing said handgrip from sliding on said bar.

9. The resistance exercise device of claim 1 further comprising tubular sleeves rotatably and concentrically mounted on said first and second handgrips.

10. The resistance exercise device of claim 1 further comprising floor-supporting means operable for supporting said bar upon a horizontal surface and elevating said bar above said surface such that said first and second handgrips can slide along said bar.

11. The resistance exercise device of claim 1 wherein said bar has a weight and wherein when an exercisor grasps said first and second handgrips and exerts a force to elevate said bar, said weight of said bar provides a resistive force in opposition to said force exerted to elevate said bar.

12. A resistance exercise device comprising:

(a) an elongate, nonbifurcated, substantially cylindrical member having a weight,

a length, and a longitudinal axis coextensive with said length defining an axial direction, said cylindrical member having first and second ends and a center plane therebetween wherein said center plane intersects said cylindrical member at a center of gravity thereof;

(b) first and second handgrips disposed on said cylindrical member equidistant from said center plane, said first and second handgrips adapted to provide means enabling an exercisor to grasp said cylindrical member; and

(c) sliding means operable for enabling said first and second handgrips to be moved relative to each other in said axial direction while maintaining said first and second handgrips equidistant from said center plane.

13. The resistance exercise device of claim 12 wherein when an exercisor grasps said first and second handgrips and exerts a force to elevate said cylindrical member, said weight provides a resistive force in opposition to said force exerted to elevate said cylindrical member.

14. The resistance exercise device of claim 12 wherein said cylindrical member further comprises weight attachment means adjacent to said first and second ends and equidistant from said center plane, said weight attachment means being operable for removably attaching weights to said cylindrical member.

15. The resistance exercise device of claim 12 further comprising cable attachment means affixed to said cylindrical member, said cable attachment means being operable for removably attaching one or more cables to the cylindrical member.

16. The resistance exercise device of claim 12 wherein said cylindrical member further comprises braking means operable for resisting or preventing movement of said first and second handgrips in said axial direction.

17. The resistance exercise device of claim 12 wherein said cylindrical member is comprised of an inner member having said first handgrip affixed to an outer surface thereof and an outer member having said second handgrip affixed to an outer surface thereof, said inner and outer member having substantially the same weight, a portion of said inner member being slidably disposed within a portion of said second member.